



Staying Healthy

Developed by KU Children's Services
Sector Capacity Building Program with
funding from the NSW Department of Education



Children's Services
Since 1895



Sometimes people
get sick.



Germs can make us sick. Germs are tiny little things that you can't see.



Germs can spread from one person to another. They also live on all things.



I can spread my germs less if I cough and sneeze into my elbow or into a tissue and throw it in the bin.



I need to keep my hands away from my face to keep the germs out of my body.



I can keep the germs away if I wash my hands a lot.



I should wash my hands many times each day.

When I arrive at preschool, after I play, before and after I eat, if I sneeze or wipe my nose, and when I go to the toilet.



I always use soap and water when I wash my hands.

"1, 2, 3, 4, 5, 6, 7,
8, 9, 10, 11, 12, 13,
14, 15, 16, 17, 18,
19, 20."

"Happy birthday to
you... "

I can count to 20
or sing 'Happy
Birthday' when I
am washing my
hands.



This will make sure
my hands are clean
and this helps me
stay healthy.



If I feel sick, I can tell a grown up. A grown up will help me.